

ADULT CLASSES (14 YRS+) | RESIDENT REGISTRATION STARTS MAY 4

ARTS & CRAFTS

Some art classes may require supplies.

Please view the supply list for these classes at:

<http://www.scottsdaleaz.gov/sports/brochure/supplies>

CERAMICS

Students will explore hand building, wheel throwing, texture, decoration, glazing and firing with an emphasis on design and form. Please bring the following supplies to class; 25lbs Cone 5 clay, basic pottery tools, wood knife, pin tool, cutting wire, rib, sponge, brushes, apron and small bucket. A non-refundable material fee per registered class due to instructor at first class (ELDO - \$14) (GRSC - \$15).

INTRODUCTION TO CLAY- Introduction to basic pottery techniques, including coil, pinch, slab, wheel, and glazing.

Tu	9:00 am-12:00 pm	6/02(12wks)	ELDO	\$138(R)/\$207(N)	Shock	112827
Tu	12:30 pm- 3:30 pm	6/02(12wks)	ELDO	\$138(R)/\$207(N)	Shock	112828
M	5:45 pm- 8:45 pm	6/22(5wks)	GRSC	\$82(R)/\$123(N)	Peterson	111720

HOME ACCENTS- Rev up your house and patio with fireplace sculptures, book shelf decorations, lamps, flower pots, bonsai dishes and more!

Sa	9:30 am-12:30 pm	6/27(5wks)	GRSC	\$82(R)/\$123(N)	Peterson	111721
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OPEN STUDIO - Facility for working on your clay projects independently. Equipment available for use includes wheels, slab roller, extruder, and electric kiln firing to Cone 5. No instruction provided.

Th	9:00 am-12:00 pm	6/04(6wks)	ELDO	\$91(R)/\$137(N)	Murphy	112829
Th	9:00 am-12:00 pm	7/23(6wks)	ELDO	\$91(R)/\$137(N)	Murphy	112830

CHARCOAL WASH DRAWING

This very flexible, fluid and forgiving way to draw is much like painting. It's fun and a great way to practice picture making. You will learn to work with values alone to make a picture, an important skill to master. Charcoal drawing can be a stand-alone work of art. It can also be used as a preliminary sketch or study for a painting.

W	1:30 pm- 4:30 pm	6/03(9wks)	VLSC	\$137(R)/\$206(N)	Lundquist	112230
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DIGITAL PHOTOGRAPHY

Learn how to use your camera and more! Discover how to really 'see' your subject matter before clicking the button. Topics will include composition, lighting, action, portraiture, landscapes, architecture, and still-life photography. Delve into a more artistic exploration of photography, with different, interesting projects and critiques each week.

BEGINNING - Instruction on composition, lighting, action, portraiture, landscapes, architecture and still-life photography. Weekly projects will keep you creating amazing photographs.

Tu	6:00 pm- 8:00 pm	6/02(10wks)	VLSC	\$82(R)/\$123(N)	Prezko	111740
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INTERMEDIATE - To fully enjoy this class the students must have some working knowledge of camera's manual settings.

W	6:30 pm- 8:00 pm	6/03(10wks)	VLSC	\$82(R)/\$123(N)	Prezko	111741
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TRAVEL PHOTOGRAPHY - Most of us wouldn't think of traveling without bringing a camera along. Photographs not only let us share our experiences with others, but they preserve once-in-a-lifetime moments, breathtaking sights, and visits with friends and loved ones precisely the way we want to remember them. This workshop will provide tips and techniques on composition, lighting, landscapes and creating photos that tell a story. Bring your camera, any type and a note pad to this one day workshop and your travel photos will never be the same!

Sa	10:00 am-12:00 pm	6/13(1wk)	VLSC	\$17(R)/\$26(N)	Prezko	113814
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DRAW/PAINT

Instruction in drawing, painting and more! Have the freedom to use any medium you choose; pencil, colored pencils, pastels, watercolor, oil and acrylic. Teacher emphasis is on individual attention and projects. \$1 nonrefundable cash supply fee is due to instructor on first day of class for classes at ELSO. Must be present at first class for orientation and demonstrations for classes at ELSO.

BEGINNING

M	9:00 am-12:00 pm	6/01(13wks)	ELSO	\$142(R)/\$213(N)	Chestney	111750
M	6:30 pm- 9:30 pm	6/01(13wks)	ELSO	\$142(R)/\$213(N)	Chestney	111751
W	9:30 am-12:30 pm	6/03(13wks)	ELSO	\$142(R)/\$213(N)	Chestney	111752
W	1:00 pm- 4:00 pm	6/03(13wks)	ELSO	\$142(R)/\$213(N)	Chestney	111753
Th	9:00 am-12:00 pm	6/04(6wks)	VLSC	\$70(R)/\$105(N)	Consalvo	111754
Th	9:30 am-12:30 pm	6/04(13wks)	ELSO	\$142(R)/\$213(N)	Chestney	111755
F	1:00 pm- 4:00 pm	6/05(12wks)	ELSO	\$131(R)/\$197(N)	Chestney	111757
Th	9:00 am-12:00 pm	7/23(6wks)	VLSC	\$70(R)/\$105(N)	Consalvo	112225

ALL LEVELS

Tu	1:00 pm- 4:00 pm	6/02(6wks)	GRSC	\$75(R)/\$113(N)	Taylor	112823
Tu	6:30 pm- 9:30 pm	6/02(13wks)	ELSO	\$142(R)/\$213(N)	Chestney	111760
Th	1:00 pm- 4:00 pm	6/04(13wks)	ELSO	\$142(R)/\$213(N)	Chestney	111761
Tu	1:00 pm- 4:00 pm	7/21(6wks)	GRSC	\$75(R)/\$113(N)	Taylor	112824

DRAWING

Focus on the basic fundamentals of drawing, learning various techniques including: perspective, shading, proportion and composition. Enjoy using pencil, colored pencils and charcoal.

Tu	1:00 pm- 4:00 pm	6/02(6wks)	VLSC	\$70(R)/\$105(N)	Consalvo	111762
Th	9:00 am-12:00 pm	6/04(6wks)	GRSC	\$58(R)/\$87(N)	Milman	111763
Tu	1:00 pm- 4:00 pm	7/21(6wks)	VLSC	\$70(R)/\$105(N)	Consalvo	112226
Th	9:00 am-12:00 pm	7/23(6wks)	GRSC	\$58(R)/\$87(N)	Milman	112227

CLASS LISTING LEGEND

COURSE TITLE

The description for this course will be listed in this section. The description may include age restrictions, activities, over view of the class and other key notes to share with you.

W 5:15pm-5:55pm 9/18 (12wks) HRZN \$57(R)/\$86(N) Martin 102812

Day Start Date & Length Fees, Resident/Non-Resident Course Code
Time Location Instructor, when applicable

DRAWING PORTRAITS

This is a class that explores the human head as an art object. The student will practice drawing the head in various attitudes as well as study and draw the basic structure of the head, neck and shoulders. The majority of the work will be done from live models. Photos provided by the instructor will be used to study feature alignments. The prerequisite for this class is a basic drawing class. Non-refundable model fee included in price of class.

W 9:00 am-12:00 pm 6/03(9wks) VLSC \$201(R)/\$276(N) Lundquist 111766

JEWELRY MAKING

This jewelry making class is designed for novices as well as experienced students. We will cover the basics of sawing, soldering, etching, forging, stamping, roller printing, casting, finishing techniques as well as design. Demonstrations will be given as well as individual attention for projects. \$10 Non-refundable material fee due to instructor at first class. Some tools and supplies required approximately \$75 and up depending on project and metal selection.

W 5:30 pm-8:30 pm 6/03(13wks) ELDO \$117(R)/\$176(N) Berger-Taylor 112352
Sa 10:00 am-1:00 pm 6/06(13wks) ELDO \$117(R)/\$176(N) Berger-Taylor 111798

OIL AND ACRYLIC PAINTING

New and continuing students will focus on developing basic skills, exploring color, style and various techniques in a relaxed environment. Learn techniques using acrylic or oil paints. Learn to develop a portrait, landscape, floral, abstract or non-representational forms.

M 9:00 am-12:00 pm 6/01(6wks) VLSC \$75(R)/\$113(N) Taylor 111840
M 5:00 pm-8:00 pm 6/01(6wks) VLSC \$48(R)/\$72(N) Fried 111841
Tu 9:00 am-12:00 pm 6/02(8wks) VLSC \$91(R)/\$137(N) Leonelli 111842
W 9:00 am-12:00 pm 6/03(6wks) GRSC \$75(R)/\$113(N) Taylor 111849
Th 1:00 pm-4:00 pm 6/04(6wks) VLSC \$48(R)/\$72(N) Fried 112822
F 1:00 pm-4:00 pm 6/05(6wks) VLSC \$70(R)/\$105(N) Consalvo 111845
M 9:00 am-12:00 pm 7/20(6wks) VLSC \$75(R)/\$113(N) Taylor 111846
W 9:00 am-12:00 pm 7/22(6wks) GRSC \$75(R)/\$113(N) Taylor 111851
F 1:00 pm-4:00 pm 7/24(6wks) VLSC \$70(R)/\$105(N) Consalvo 111848

PALLET KNIFE - Learn how to use a pallet knife and start to paint in a whole new way! Pallet knife painting is done by creating thick or thin textures of colors by blending, building, edging, detailing and scratching whether using oil or acrylic. Various techniques will be demonstrated in class using a variety of subjects.

Sa 1:00 pm-4:00 pm 6/06(6wks) VLSC \$75(R)/\$113(N) Taylor 111850
Sa 1:00 pm-4:00 pm 7/25(6wks) VLSC \$75(R)/\$113(N) Taylor 111852

INTERMEDIATE LEVEL - For students with experience in Oil painting.

Sa 9:00 am-12:00 pm 6/06(6wks) VLSC \$70(R)/\$105(N) Consalvo 111853
Sa 9:00 am-12:00 pm 7/25(6wks) VLSC \$70(R)/\$105(N) Consalvo 111854

PAINT STUDIO

Paint in all mediums. This class is designed to improve your painting skills and let your subject matter be your teacher. Give yourself permission to be great. You deserve it.

M 1:00 pm-4:00 pm 6/01(8wks) VLSC \$91(R)/\$137(N) Leonelli 111855

WATERCOLOR

Transparent watercolor for the beginning as well as intermediate student will include basic techniques, color and composition using landscape, still life and portrait. Individual attention with emphasis on learning to see as the artist does.

M 1:00 pm-4:00 pm 6/01(6wks) GRSC \$75(R)/\$113(N) Taylor 111945
F 9:00 am-12:00 pm 6/05(6wks) VLSC \$58(R)/\$87(N) Levine 111946
M 1:00 pm-4:00 pm 7/20(6wks) GRSC \$75(R)/\$113(N) Taylor 111947
F 9:00 am-12:00 pm 7/24(6wks) VLSC \$58(R)/\$87(N) Levine 112229

COMMUNICATION & LANGUAGE

FRENCH

Text Book required. Information available online and included on your receipt

CONTINUING FRENCH - Designed for continuing students wanting to increase their current knowledge in developing conversational skills, practice pronunciation and learn essential grammatical facts in a supportive and fun environment. Group participation is encouraged

Tu 5:30 pm-8:00 pm 6/02(10wks) VLSC \$93(R)/\$140(N) Gabor 112754

INTERMEDIATE -Conversation and reading practices with easy pronunciation exercises. Sentence structure in the past, present and future tenses. Introduction of the reflexive verbs and command forms. Introduction to French Literature

M 5:30 pm-8:00 pm 6/01(13wks) VLSC \$119(R)/\$179(N) Gabor 111774

GERMAN I

'Guten Tag! Wie geht's?' 'Danke, gut. Und Ihnen?' If you understand this dialog, then this is your class. This class is not for the beginner, but someone who has taken 'German - The Basics,' or has had German in a formal or an informal setting. We will continue to deepen our understanding of the language, expanding vocabulary and conversation. Less emphasis is based on grammar. Interaction and active participation are the keystones of this class.

M 8:30 am-10:30 am 6/01(6wks) VLSC \$65(R)/\$98(N) Eggink 111775



ADULT CLASSES (14 YRS+) | RESIDENT REGISTRATION STARTS MAY 4



SPANISH

Text book may be required. Information available online and included on your receipt. A non-refundable materials fee per registered class is due to the instructor at the first class. (VLSC \$17) (GRSC \$5).

CONVERSATIONAL LEVEL I - A stress-free class for beginners or near-beginners that focuses on speaking and listening development. Basic grammar and vocabulary will be introduced.

Th	4:30 pm- 6:00 pm	6/04(13wks)	VLSC	\$75(R)/\$113(N)	Talledos	111894
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CONVERSATIONAL LEVEL II - A conversational Spanish class structured for beginners who have had some experience with the present tense in Spanish. The past tenses will be introduced slowly, with the emphasis on developing oral communication skills using both the present and past verb tenses. If you have had an introductory Spanish class, or studied Spanish years ago, or just feel confident about starting with present and past verb forms, this course will provide a stress-free environment to learn skills that can be immediately put to use.

Th	6:10 pm- 7:40 pm	6/04(13wks)	VLSC	\$75(R)/\$113(N)	Talledos	111895
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LEVEL I - Learn the fundamentals of the Spanish language. Classes will cover basic grammar, pronunciation and vocabulary. This class will emphasize listening, speaking, reading, and writing.

Th	4:30 pm- 6:00 pm	6/11(12wks)	GRSC	\$69(R)/\$104(N)	Owen	112208
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LEVEL II - Continue your study of essential Spanish grammar and vocabulary. Practice and develop skills in reading, writing and speaking Spanish. The emphasis of this class will be fluency and accuracy in spoken Spanish.

Th	6:10 pm- 7:40 pm	6/11(12wks)	GRSC	\$69(R)/\$104(N)	Owen	112209
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DANCE

BALLET

This casual and fun class will provide a workout from head to toe. Learn from the beginning or review basics while toning your entire body. Class will cover warm-ups, stretching at the barre, learning proper technique, and terminology.

BEGINNING - This class is designed for the beginning student or those with less than two years of Ballet training. This casual and fun class will offer a great workout while learning ballet basics, technique, terminology and ballet combinations.

M	5:05 pm- 5:55 pm	6/01(10wks)	HRZN	\$45(R)/\$68(N)	Lawton	112743
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Th	10:30 am-11:20 am	6/04(10wks)	MMRA	\$45(R)/\$68(N)	Lawton	112744
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ALL LEVELS - Review your past training at the Barre, center floor and learn combinations. Previous Ballet training recommended to fully enjoy this class.

M	7:05 pm- 7:55 pm	6/01(10wks)	HRZN	\$45(R)/\$68(N)	Lawton	112745
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BALLROOM DANCE

Dances may include: Foxtrot, Waltz, Cha- Cha, Tango, Rumba, Swing and much more. No partner needed.

THE BASICS - Learn and improve the dances you need to feel comfortable in any social situation.

Tu	6:15 pm- 7:15 pm	6/02(6wks)	VLSC	\$34(R)/\$51(N)	Kuhn	111689
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BEYOND THE BASICS - Here's a chance for the beginning student to learn more about the basic and beginning level social dances. The focus will be to add onto the students existing step patterns and technique to help improve movement on the dance floor.

Tu	6:15 pm- 7:15 pm	7/21(6wks)	VLSC	\$34(R)/\$51(N)	Kuhn	111690
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LATIN DANCE - Learn the basic Latin dance steps for Salsa, Merengue, Rumba and more. This class will focus on basic patterns, turns, moves and passion!

W	6:15 pm- 7:15 pm	6/03(6wks)	FENP	\$34(R)/\$51(N)	De Marchand	112253
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W	6:15 pm- 7:15 pm	7/22(6wks)	FENP	\$34(R)/\$51(N)	De Marchand	112254
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INTERMEDIATE- SMOOTH DANCES - This smooth dance class will focus on higher level patterns and technique in Fox Trot, Waltz and Tango. A fun continuation for the student who has had at least two to three sessions of Ballroom dance and who have learned 3 to 4 patterns in each of the social ballroom dances.

Tu	7:15 pm- 8:15 pm	6/02(6wks)	VLSC	\$34(R)/\$51(N)	Kuhn	111691
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INTERMEDIATE- RHYTHM DANCES - The rhythm dance class will focus on higher level patterns and technique in Swing, Rumba, Cha Cha, Salsa or Samba. A fun continuation for the student who has had at least two to three sessions of Ballroom dance and who have learned 3 to 4 patterns in each of the social ballroom dances.

Tu	7:15 pm- 8:15 pm	7/21(6wks)	VLSC	\$34(R)/\$51(N)	Kuhn	111692
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BELLY DANCING CARDIO WORKOUT

Dance your way to fitness by learning the ancient art of belly dance with a modern twist. A fun and challenging dance workout open to all levels. Sculpt and tone your body with this fun and challenging dance workout! Included will be exercises to strengthen and firm. All levels welcome.

M	5:45 pm- 6:45 pm	6/01(13wks)	MMRA	\$69(R)/\$104(N)	Haag	111700
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Tu	9:30 am-10:30 am	6/02(13wks)	MMRA	\$69(R)/\$104(N)	Haag	111701
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Th	7:30 pm- 8:30 pm	6/04(13wks)	GRSC	\$61(R)/\$92(N)	Brown	111702
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BOLLYWOOD

Dance your way to fitness while learning East Indian dance fusion. Bollywood dance incorporates both classic and modern dance styles making this workout fun and unique. All fitness levels are welcome

M	7:00 pm- 8:00 pm	6/01(13wks)	MMRA	\$69(R)/\$104(N)	Haag	112371
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Tu	10:45 am-11:45 am	6/02(13wks)	MMRA	\$69(R)/\$104(N)	Haag	112275
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“My enthusiasm for learning Spanish kept increasing throughout the class and I am excited to continue learning”



BROADWAY JAZZ

Challenge your body and mind by learning a variety of jazz techniques and dance styles. Dance to today's modern songs, famous show tunes and more! Learn from the beginning or review basics. New dances will be taught and past dances will be reviewed.

BEGINNING

Th 9:30 am-10:20 am 6/04(10wks) MMRA \$45(R)/\$68(N) Lawton 111713

INTERMEDIATE - Previous experience recommended to fully enjoy this class.

Tu 11:00 am-11:50 am 6/02(10wks) GRSC \$45(R)/\$68(N) Lawton 111714

CHORUS LINE DANCING

Exercise your mind and body while dancing in a chorus line to a wide variety of music. No partner is required to enjoy this class and all levels are welcome! Come join the fun.

Tu 9:00 am-10:00 am 6/02(13wks) VLSC \$58(R)/\$87(N) Schwarz 112256

POLYNESIAN DANCE

Have fun learning a variety of Hawaiian, Tahitian and Maori dances while building coordination and improving your memory! This fun, low impact workout will work you from fingers to your hips to your toes. Aloha! Please plan to be bare footed or bring non skid slippers.

M 6:05 pm-6:55 pm 6/01(10wks) HRZN \$45(R)/\$68(N) Lawton 111870

Tu 12:00 pm-12:50 pm 6/02(10wks) GRSC \$45(R)/\$68(N) Lawton 111871

Th 11:30 am-12:20 pm 6/04(10wks) MMRA \$45(R)/\$68(N) Lawton 111872

SOCIAL DANCE SURVIVAL

Do you freeze up at Wedding receptions, shy away at dinner dances, panic at the nightclub, pray no one will ask you to dance? Then, this is the dance class for you! Not only will you learn to survive on the dance floor, you will learn to dance with confidence and style. You will learn basic steps for the most popular dances. Whether it's swing, hustle, Latin, or line dances....'YOU WILL SURVIVE!' A partner is helpful, but not required.

W 7:15 pm-8:15 pm 6/03(10wks) GRSC \$62(R)/\$93(N) McAttee 112255



TAP

Improve your memory, have fun and learn the basics of different dance routines.

BEGINNING - Rhythm and Broadway styles are taught from the basic steps to intricate combinations. All Tap steps are broken down using tap terminology, then applying technique to create tap rhythms and combos. Dance at your pace enjoying the benefit of cardio, balance, improving your coordination and memory skills. Hear the beats, tap the rhythm.

Th 7:00 pm-7:50 pm 6/04(10wks) RIMO \$45(R)/\$68(N) Lawton 111928

INTERMEDIATE - Let's Tap!!! Broadway, Rhythm and Fast Tap with warm-ups, review, combo routines and create your own improv. Class works with groups and solos. Learn, review and join the fun. Intermediate class is designed for intermediate level students or those who have taken a beginning course. Tap shoes required.

Th 6:00 pm-6:50 pm 6/04(10wks) RIMO \$45(R)/\$68(N) Lawton 111927

SENIOR TAP- BEGINNING

Th 4:00 pm-5:00 pm 6/04(10wks) GRSC \$48(R)/\$72(N) Campi 111929

SENIOR TAP- INTERMEDIATE

Th 5:00 pm-6:00 pm 6/04(10wks) GRSC \$48(R)/\$72(N) Campi 111930

FITNESS & WELLNESS

20/20/20

Get ready to maximize your workout hour! This full-body workout is designed to get your heart pumping, tone your muscles, strengthen your core and improve flexibility. The first 20 minutes will be focused on cardio training, incorporating plyometrics, kickboxing and step work. The second 20 minutes will be dedicated to sculpting lean muscles with resistance training. Your last 20 minutes of class will strengthen your core, and then you'll finish with a relaxing stretch. What more could you ask for in a 60 minute workout?

Tu 9:15 am-10:15 am 6/02(10wks) MMRA \$56(R)/\$84(N) Santiago 111675

30/30

Fire up your metabolism, lose big with strength and ab moves to dynamic cardio moves for increased fat loss. This 30 minute circuit workout blasts your heart rate with challenging intervals to turn up the burn and melt off the pounds while the second 30 minutes concentrates on buns, legs and tummy on the ball. Whether you're just getting started or ready for a hardcore workout, this class will help you reveal a ripped, lean body.

W 9:00 am-10:00 am 6/03(13wks) CACT \$61(R)/\$92(N) Romero 111676

AEROBICS

Start your day off right with this 'work at your own pace' cardio class! Warm-up, stretch, hi/low impact cardiovascular activity, muscle toning and stretching exercises are all included. Modifications are provided. Please bring your own hand weights.

M 7:45 am-8:45 am 6/01(6wks) VLSC \$32(R)/\$48(N) TBA 111677

F 7:45 am-8:45 am 6/05(6wks) VLSC \$28(R)/\$42(N) Robertson 112811

Sa 7:45 am-8:45 am 6/06(11wks) VLSC \$48(R)/\$72(N) Alfrid 111681

M 7:45 am-8:45 am 7/20(6wks) VLSC \$36(R)/\$54(N) TBA 111678

F 7:45 am-8:45 am 7/24(6wks) VLSC \$28(R)/\$42(N) Robertson 112812

ADULT CLASSES (14 YRS+) | RESIDENT REGISTRATION STARTS MAY 4



B. L. T. BUTT, LEGS AND TUMMY

Using a stability ball is an incredible way to shape up and get limber with moves that are simple, fun and easy on the joints. This class will condition your abdominals and back, sculpt your legs and shape your butt. Enjoy a relaxing full body stretch that includes yoga poses adapted for the ball.

Th	6:00 pm- 7:00 pm	6/04(13wks)	CACT	\$61(R)/\$92(N)	Romero	111683
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BODY AND MIND

Whip your heart, mind, and body into shape while having a great time. This course combines aerobics with yoga & Pilate's providing a full body workout including cardio, strengthening and flexibility.

M, W	9:15 am-10:15 am	6/01(12wks)	GRSC	\$97(R)/\$146(N)	Alfraid	111704
F	11:00 am-12:00 pm	6/05(12wks)	VLSC	\$52(R)/\$78(N)	Alfraid	111706

BODY BLAST

Start your day off right with this fun and energizing class! Get a full body workout including a warm up, 30 minutes of Aerobics and 25 minutes of weight training and mat work to strengthen your body. End with a guided meditation and a cool down.

W	8:15 am- 9:15 am	6/03(6wks)	MMRA	\$28(R)/\$42(N)	Robertson	113059
W	8:15 am- 9:15 am	7/22(6wks)	MMRA	\$28(R)/\$42(N)	Robertson	113060

BODY CONDITIONING

Exercise class concentrating on enhancing body tone, strengthening and stretching. This will include an educational aspect on fitness and wellness, to incorporate fitness into every day life. Please note that you will need to bring personal weights to use in class.

W	7:45 am- 8:45 am	6/03(13wks)	VLSC	\$61(R)/\$92(N)	Brancati	111707
F	9:15 am-10:15 am	6/05(10wks)	GRSC	\$45(R)/\$68(N)	Alfraid	112261

CARDIO DANCE FITNESS

A fusion of music provides a great cardio workout and lots of fun. Reduce stress, tone your body, strengthen your muscles, increase flexibility and build core strength. Foot movements are modified as needed and everyone is encouraged to work at their own pace. All levels are welcome.

Tu	7:45 am- 8:45 am	6/02(10wks)	VLSC	\$56(R)/\$84(N)	Turek	111717
Th	7:45 am- 8:45 am	6/04(10wks)	VLSC	\$56(R)/\$84(N)	Turek	111716

CHAIR YOGA

Perform exercises while sitting in a chair, or using the chair for balancing. Exercises are designed to improve flexibility, strength and balance without the impact and stress of traditional exercises.

M	8:00 am- 9:00 am	6/01(13wks)	VLSC	\$77(R)/\$116(N)	Yancy	111722
M	9:00 am-10:00 am	6/01(13wks)	VLSC	\$77(R)/\$116(N)	Yancy	111723
Th	8:00 am- 9:00 am	6/04(13wks)	VLSC	\$77(R)/\$116(N)	Yancy	111724
Th	9:00 am-10:00 am	6/04(13wks)	VLSC	\$77(R)/\$116(N)	Yancy	111725
F	11:00 am-12:00 pm	6/05(12wks)	VLSC	\$72(R)/\$108(N)	Yancy	111726

CONDITIONING COMBO

A combination of yoga, pilates, and stretching. This class will help you release stress, increase flexibility, promote core strength and reduce stiffness throughout your entire body. All fitness levels are encouraged to participate.

W	7:00 pm- 8:00 pm	6/03(13wks)	CACT	\$56(R)/\$84(N)	Alfraid	111729
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CORE AND MORE

Improve your balance and stability while increasing your stamina. Structured to accommodate all goals and fitness levels, this full body circuit training format, which incorporates cardio activity along side weight training, is designed to strengthen your entire body. Get your heart rate up and burn calories as you jump from exercise to exercise working your way through each muscle group, with an emphasis on the core muscles (abs, lower back, hips, and butt).

Tu	5:30 pm- 6:30 pm	6/02(13wks)	MMRA	\$56(R)/\$84(N)	Teisch	112274
Th	4:00 pm- 4:45 pm	6/04(13wks)	MMRA	\$56(R)/\$84(N)	Teisch	112838

Youth Ballet class at same time and location as Thursday class! See page 17.

FIT AND FABULOUS

This low impact cardio class will give you a jump start to your day! We'll do a warm up, low impact cardio, muscle conditioning, using weights and a cool down stretch.

M	8:00 am- 9:00 am	6/01(13wks)	CACT	\$61(R)/\$92(N)	Romero	111771
Th	8:00 am- 9:00 am	6/04(13wks)	CACT	\$61(R)/\$92(N)	Romero	111772

HIIT HIGH INTENSITY INTERVAL TRAINING

An efficient full body workout incorporating strength, flexibility and cardio all in the same workout. Discover how easy it is to exercise when you can alternate between serious weight training and energetic cardio-step aerobics movements. This fun-to-follow circuit format helps you slim down, firm up and get limber faster than you could ever imagine.

Tu 6:00 pm- 7:00 pm 6/02(13wks) CACT \$61(R)/\$92(N) Romero 111790

MAX TONE AND FITNESS

This is a non-stop workout class for the person looking for a 'killer' toning class. Sign up today and TONE up!

W 5:45 pm- 6:45 pm 6/03(13wks) CACT \$56(R)/\$84(N) Alfraid 111822

PERSONAL FITNESS

Certified Personal Trainer keeps the class fun. Class includes stretching, hand held weights, stretch bands, balance exercises, and chair exercises.

M, F 10:30 am-11:30 am 6/01(6wks) GRSC \$55(R)/\$83(N) Bockal 111856
M, F 10:30 am-11:30 am 7/20(6wks) GRSC \$55(R)/\$83(N) Bockal 111857

PILATES

Strengthen your core, build stability and find balance. All levels of athletic ability are encouraged to attend.

M 10:00 am-11:00 am 6/01(13wks) CACT \$61(R)/\$92(N) Romero 111865
M 10:30 am-11:30 am 6/01(13wks) MMRA \$83(R)/\$125(N) Nicholas 111862
W 10:00 am-11:00 am 6/03(13wks) MMRA \$83(R)/\$125(N) Nicholas 111863
W 10:30 am-11:30 am 6/03(11wks) GRSC \$52(R)/\$78(N) Alfraid 111867
W 4:30 pm- 5:30 pm 6/03(13wks) CACT \$61(R)/\$92(N) Alfraid 111869
W 5:55 pm- 6:55 pm 6/03(13wks) HRZN \$61(R)/\$92(N) Martin 111864

CLASS LISTING LEGEND

COURSE TITLE

The description for this course will be listed in this section. The description may include age restrictions, activities, over view of the class and other key notes to share with you.

W 5:15pm-5:55pm 9/18 (12wks) HRZN \$57(R)/\$86(N) Martin 102812

Day Start Date & Length Fees, Resident/Non-Resident Course Code
Time Location Instructor, when applicable

“ I gained strength and lost weight, I wasn't even able to do one push up when I started, now I can do several. My endurance is better and I find myself eating much healthier. Since I work so hard in this class, the bad food just isn't worth it! ”

SENIOR STRENGTH TRAINING

Resistance and strength training can enable senior citizens to regain muscle mass and strength at any age. You're never too old to build a little muscle and fight conditions like osteoporosis. Many of the degenerative diseases experienced in the aging process are related to loss of muscle mass and strength. Focus will be geared to those issues related to senior citizens.

M, Th 9:15 am-10:15 am 6/01(6wks) MMRA \$62(R)/\$93(N) Kopp 111879
M, W 11:00 am-12:00 pm 6/01(6wks) VLSC \$62(R)/\$93(N) Kopp 111880
Tu, Th 11:00 am-12:00 pm 6/02(6wks) VLSC \$62(R)/\$93(N) Kopp 111881
Tu, Th 2:30 pm- 3:30 pm 6/02(6wks) GRSC \$62(R)/\$93(N) Kopp 111882
M, Th 9:15 am-10:15 am 7/20(6wks) MMRA \$62(R)/\$93(N) Kopp 113789
M, W 11:00 am-12:00 pm 7/20(6wks) VLSC \$62(R)/\$93(N) Kopp 113790
Tu, Th 11:00 am-12:00 pm 7/21(6wks) VLSC \$62(R)/\$93(N) Kopp 113791
Tu, Th 2:30 pm- 3:30 pm 7/21(6wks) GRSC \$62(R)/\$93(N) Kopp 113792

SIT AND GET FIT

This class will perform exercises while sitting in a chair or using the chair for balancing. Exercises are designed to improve flexibility, strength and balance without the impact and stress of traditional exercises.

W 8:55 am- 9:50 am 6/03(13wks) VLSC \$77(R)/\$116(N) Yancy 111885
F 9:30 am-10:30 am 6/05(6wks) GRSC \$35(R)/\$53(N) Chesterfield 112741
F 9:30 am-10:30 am 7/24(6wks) GRSC \$35(R)/\$53(N) Chesterfield 112742

STEP AEROBICS

This class provides the ideal workout for those students who want to challenge themselves. Each class consists of a warm up, step aerobics and some light weight training.

Tu 6:00 pm- 7:00 pm 6/02(13wks) HRZN \$47(R)/\$71(N) Martin 111896
Th 6:00 pm- 7:00 pm 6/04(13wks) HRZN \$47(R)/\$71(N) Martin 111897



ADULT CLASSES (14 YRS+) | RESIDENT REGISTRATION STARTS MAY 4



STEP AND STRENGTHEN

This class is great for all fitness levels! Have a great time getting in shape while following basic step movements and being instructed on strengthening exercises. Basics are covered for those that are new to stepping and modifications are given when needed. Strengthen your legs, upper body and core with low intensity training.

Sa 9:15 am-10:15 am 6/06(12wks) HRZN \$52(R)/\$78(N) Alfraid 111899

STEP CIRCUIT

Combine the basics of a step class with strengthening and core work. Get your heart in shape with a fun step workout incorporating basic movement patterns, grapevines and marches. Use equipment to increase your strength and sculpt your core. Challenge your body by combining high intensity stepping and low intensity resistance training.

M 9:00 am-10:00 am 6/01(13wks) CACT \$61(R)/\$92(N) Romero 111900

SUPER CIRCUIT

Don't let the name fool you. This is a fun way to get both a cardio and strength conditioning workout into your day. Alternate aerobic and strength stations to a variety of music in order to help improve your heart and lungs, power strength, balance and coordination.

M 12:00 pm-1:00 pm 6/01(13wks) CACT \$56(R)/\$84(N) Alfraid 111902

TABATA

This high intensity workout is interval training of 20 seconds which is followed by 10 seconds of rest repeated 8 times for one set. This class will improve both aerobic and anaerobic capacity along with reducing body fat.

Sa 7:00 am-8:00 am 6/06(12wks) CACT \$57(R)/\$86(N) Brancati 112839

TAI CHI

Learn the Yang Style Long Form, a slow, graceful, rhythmic exercise, which promotes good health and improves balance, memory and concentration. The Yang Style Long Form is a series of postures which are broken into three sections. Beginning classes will cover positions from the first section. The Intermediate classes will review the positions of the first section and will cover positions from the second section. The Advanced classes will review the positions of the first and second sections and will cover positions from the third section.

BEGINNING - This class will cover positions from the first section.

M	9:00 am-10:30 am	6/01(12wks)	ELDO	\$64(R)/\$96(N)	Isaacson	111906
W	10:00 am-11:00 am	6/03(12wks)	VLSC	\$45(R)/\$68(N)	Navarro	111907
W	11:00 am-12:00 pm	6/03(12wks)	VLSC	\$45(R)/\$68(N)	Isaacson	111908
W	5:30 pm-7:00 pm	6/03(10wks)	GRSC	\$55(R)/\$83(N)	Isaacson	111909
Th	9:00 am-10:30 am	6/04(12wks)	GRSC	\$64(R)/\$96(N)	Isaacson	111910
F	9:00 am-10:00 am	6/05(11wks)	VLSC	\$42(R)/\$63(N)	Navarro	111911
Sa	8:45 am-10:15 am	6/06(11wks)	PNCC	\$60(R)/\$90(N)	Isaacson	111912

INTERMEDIATE - All students must be proficient in positions from the first section. This class will review the positions of the first section and will cover positions from the second section.

W	11:00 am-12:00 pm	6/03(12wks)	VLSC	\$46(R)/\$69(N)	Navarro	111913
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ADVANCED - All students must be proficient in the positions from the first and second sections. This class will review the positions of the first and second sections and will cover positions from the third section.

W	10:00 am-11:00 am	6/03(12wks)	VLSC	\$46(R)/\$69(N)	Isaacson	111914
F	9:00 am-10:30 am	6/05(11wks)	VLSC	\$61(R)/\$92(N)	Isaacson	111915
Sa	10:30 am-12:00 pm	6/06(11wks)	PNCC	\$61(R)/\$92(N)	Isaacson	111916

RESTORATIVE - Restorative means to restore to a natural state, to make whole, to heal. In this class you will learn Tai Chi, Yang Style, Long Form plus you will learn how to calm and focus your physical, mental and spiritual energy, while improving balance, memory and flexibility. The class will include an educational aspect on healing and relaxation that you may incorporate into everyday life.

BEGINNING

Th	1:00 pm-2:15 pm	6/04(10wks)	VLSC	\$50(R)/\$75(N)	Turek	111917
Sa	10:30 am-11:45 am	6/06(10wks)	VLSC	\$50(R)/\$75(N)	Turek	111918

INTERMEDIATE - Students must be proficient in the positions taught in the Beginning Restorative class.

M	1:00 pm-2:15 pm	6/01(10wks)	VLSC	\$50(R)/\$75(N)	Turek	111921
F	9:00 am-10:15 am	6/05(10wks)	VLSC	\$50(R)/\$75(N)	Turek	111924
Sa	9:00 am-10:15 am	6/06(10wks)	VLSC	\$50(R)/\$75(N)	Turek	111922

TOTAL BODY BOOT CAMP

This ultimate body work out is designed to push you outside your comfort zone. Tone muscles, sculpt your body into a new you. Workouts will consist of interval-based fitness including cardiovascular training, muscle conditioning, and plyometric training.

Th	5:30 pm-6:30 pm	6/04(13wks)	MMRA	\$56(R)/\$84(N)	Teisch	111939
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“ Tai Chi is a marvelous tool for helping increase balance and create calmness. I really enjoy the class! ”



YOGA

Find balance within your body, mind and spirit. The physical practice uses poses which both stretch and strengthen the body. This time is used to find ways to relax, release stress and create a better awareness of the body. All classes include breath work, relaxation and meditation.

ALL LEVELS

M	5:30 pm- 7:00 pm	6/01(13wks)	GRSC	\$83(R)/\$125(N)	Andrade	111952
M	7:00 pm- 8:00 pm	6/01(13wks)	CACT	\$77(R)/\$116(N)	Yancy	111956
Tu	12:30 pm- 1:45 pm	6/02(13wks)	MMRA	\$93(R)/\$140(N)	Levine	111959
W	6:00 pm- 7:30 pm	6/03(13wks)	GRSC	\$83(R)/\$125(N)	Andrade	111953
W	6:30 pm- 8:00 pm	6/03(13wks)	MMRA	\$112(R)/\$168(N)	Yancy	111954
Th	12:30 pm- 1:45 pm	6/04(13wks)	MMRA	\$93(R)/\$140(N)	Levine	112389
Th	6:30 pm- 8:00 pm	6/04(12wks)	PNCC	\$102(R)/\$153(N)	Sikes	111955

BEGINNING

M	10:30 am-11:45 am	6/01(6wks)	VLSC	\$43(R)/\$65(N)	Chesterfield	111957
M	6:15 pm- 7:45 pm	6/01(12wks)	MTNV	\$102(R)/\$153(N)	Sikes	111958
W	10:30 am-12:00 pm	6/03(11wks)	CACT	\$101(R)/\$152(N)	Hayden	111962
Th	10:30 am-12:00 pm	6/04(6wks)	GRSC	\$45(R)/\$68(N)	Kayatt	111960
Th	10:30 am-12:00 pm	6/04(11wks)	VLSC	\$101(R)/\$152(N)	Hayden	111961
M	10:30 am-11:45 am	7/20(6wks)	VLSC	\$43(R)/\$65(N)	Chesterfield	111963
Th	10:30 am-12:00 pm	7/23(6wks)	GRSC	\$45(R)/\$68(N)	Kayatt	112927

INTERMEDIATE - The Intermediate classes require yoga experience, with knowledge of the alignment principles of yoga for the basic postures. Please note, if you are not at the Intermediate skill level, for your safety, you will be asked to withdraw and staff will do their best to locate a class at the correct level.

M	9:00 am-10:15 am	6/01(6wks)	VLSC	\$43(R)/\$65(N)	Chesterfield	111965
Th	9:00 am-10:30 am	6/04(11wks)	VLSC	\$101(R)/\$152(N)	Hayden	111966
M	9:00 am-10:15 am	7/20(6wks)	VLSC	\$43(R)/\$65(N)	Chesterfield	111967

GENTLE - This slower paced, restorative class is designed to focus on breathing, relaxation and gentle stretching. All levels welcome.

Tu	8:45 am-10:15 am	6/02(12wks)	VLSC	\$104(R)/\$156(N)	Yancy	111968
Tu	9:00 am-10:30 am	6/02(6wks)	GRSC	\$45(R)/\$68(N)	Kayatt	111969
W	8:30 am-10:00 am	6/03(6wks)	GRSC	\$88(R)/\$132(N)	Kayatt	111970
Th	9:00 am-10:30 am	6/04(6wks)	GRSC	\$45(R)/\$68(N)	Kayatt	111971
Th	2:30 pm- 4:00 pm	6/04(13wks)	VLSC	\$112(R)/\$168(N)	Yancy	111972
F	8:30 am-10:00 am	6/05(5wks)	GRSC	\$38(R)/\$57(N)	Kayatt	111973
Tu	9:00 am-10:30 am	7/21(6wks)	GRSC	\$45(R)/\$68(N)	Kayatt	112923
W	8:30 am-10:00 am	7/22(6wks)	GRSC	\$88(R)/\$132(N)	Kayatt	112924
Th	9:00 am-10:30 am	7/23(6wks)	GRSC	\$45(R)/\$68(N)	Kayatt	112925
F	8:30 am-10:00 am	7/24(6wks)	GRSC	\$45(R)/\$68(N)	Kayatt	112926

YIN YOGA - Enhance your flexibility with Yin Yoga. This slow, meditative practice is ideal for beginners or experienced students who want to feel more openness and flexibility in their joints, especially the hips and lower back. Most poses are done on the floor from a seated position or on the back. Alternate poses are offered for anyone who has a challenge with the knees or ankles.

Sa	9:00 am-10:30 am	6/06(12wks)	GRSC	\$77(R)/\$116(N)	Andrade	111978
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DID YOU KNOW? You can waitlist for a class if it is already registered full. If a spot opens up, we will call you from the waitlist!

TOTALLY TONING

Strengthen and tone your major muscle groups using weights, bands, body bars and gravity. Learn how to use equipment properly for the results you want. Have fun while strengthening your body. Target problem areas and increase your metabolism with more muscle.

Tu	9:00 am-10:00 am	6/02(13wks)	CACT	\$61(R)/\$92(N)	Romero	111940
Th	9:00 am-10:00 am	6/04(13wks)	CACT	\$61(R)/\$92(N)	Romero	111941

WALK RIGHT

Get the most out of your walks now! Learn how to incorporate technique and variation into your every day walking routine or use this class to start up a healthy lifestyle including walking. This class will teach you how to pump up your results for weight management and muscle toning. This low-impact form of exercise is suitable for all ages and abilities.

W	8:00 am- 8:45 am	6/03(11wks)	MTNV	\$48(R)/\$72(N)	Alfraid	113061
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WEIGHT BUSTERS

Weight loss is the goal and purpose of Weight Busters, as it is designed for individuals with 30+ lbs. to lose. Using a combination of weight training, cardio, and core work the program is proven to help shift your body composition, dropping fat, increasing metabolism and changing your life. The program starts gradually to avoid injury, while maximizing weight loss.

Tu	7:00 pm- 8:00 pm	6/02(13wks)	CACT	\$61(R)/\$92(N)	Romero	111950
Th	7:00 pm- 8:00 pm	6/04(13wks)	CACT	\$61(R)/\$92(N)	Romero	111951

ADULT CLASSES (14 YRS+) | RESIDENT REGISTRATION STARTS MAY 4

ZUMBA

A fusion of Latin and International music & dance themes to create a dynamic, exciting and effective fitness system! The routines feature salsa, meringue, cumbia, samba and many more steps presented as aerobic/fitness interval training combining fast and slow rhythms to tone and sculpt the body. It is this mixture of body sculpting movements in easy to follow dance steps and the principals of fitness interval and resistance training that allow Zumba participants to maximize their caloric and fat burning output for total body toning.

Tu	5:45 pm- 6:45 pm	6/02(6wks)	GRSC	\$55(R)/\$83(N)	Johnson	111983
Th	6:15 pm- 7:15 pm	6/04(6wks)	GRSC	\$55(R)/\$83(N)	Johnson	111984
Tu	5:45 pm- 6:45 pm	7/21(6wks)	GRSC	\$55(R)/\$83(N)	Johnson	111988
Th	6:15 pm- 7:15 pm	7/23(6wks)	GRSC	\$55(R)/\$83(N)	Johnson	111989

MUSIC

PIANO/KEYBOARDING TEEN/ADULT

From Santana to Sinatra and Streisand; from the Beatles to Bach and Beethoven; from Broadway hits such as Phantom and Cats; to movie themes from the Titanic, Star Wars, James Bond and Lord of the Rings. This unique award winning method teaches keyboard skills on real songs you know and love! The program uses brilliantly conceived visual tools that show students how music works. Learn to read music on the treble clef in a lead sheet format and play chords using our exclusive chordometer. Keyboards are provided for each student for classroom use; and all music materials are included at no extra charge.

LEVEL I

W	6:30 pm- 7:30 pm	6/03(6wks)	HRZN	\$116(R)/\$174(N)	Elements Music	111858
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LEVEL II

W	6:30 pm- 7:30 pm	7/22(6wks)	HRZN	\$116(R)/\$174(N)	Elements Music	111859
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SAFETY

Classes are located at: Fire and Police Headquarters, 8401 E. Indian School Road, Scottsdale, AZ 85251. Please arrive promptly as doors will be locked and late arrivals will not be able to access the room. No refunds will be given after class starts.

CHILDCARE AND BABYSITTER SAFETY

12-17yrs. If you are wanting to provide child and infant care, this is the class for you. The program discusses the importance of responsibility, teaches you to recognize an emergency and take the correct action. You will hear about personal safety, fire and water safety and basic first aid and choking management.

Sa	9:00 am- 3:00 pm	6/13(1wk)	SPDF	\$45	Fire Staff	111727
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CPR AND FIRST AID COMBO CLASS

This course is intended for community members who do not work in the healthcare field but are required to or just desire to have CPR, Basic First Aid & AED knowledge and skills. CPR instruction will include infant, child and adult. Basic First Aid is ideal for employee emergency response teams, school bus drivers, adult residential care personnel, child care workers, teachers, parents and babysitters.

Sa	8:30 am-12:30 pm	9/05(1wk)	SPDF	\$45	Fire Staff	111731
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SPECIAL INTEREST

BEGINNING BRIDGE

Sign up to learn the challenging game of bridge. This enjoyable card game will stimulate your mind. The game involves four players, paired off, and each player must read his or her partners strategy closely following what is played. Encourage your mind to stay active with this fun game!

W	9:30 am-11:30 am	6/03(10wks)	VLSC	\$64(R)/\$96(N)	Bigham	111711
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BILLIARDS

Learn or refresh the fundamentals of pool with proper stance, bridging, grip, stroke (vs. poke) and aiming. Analyze equipment quality and its impact on consistent play. Review the current rules of 8-Ball, 9-Ball and Straight Pool. Understand the basics of cueball control and position play through the use of proper english. Study & practice (stun, follow, draw, cut, deflection, squirt, curve, collision and spin induced throw, masse, jump, carom, billiard, etc.) Finish the course with a student tournament.

Tu	8:00 am-10:00 am	6/02(10wks)	VLSC	\$76(R)/\$114(N)	Grande	112273
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GOLF AT TOUR ACADEMY TPC IN SCOTTSDALE

The golf instruction will cover all of your game. Coaching includes Putting, Chipping, Pitching, Full Swing, Rules, Etiquette, How to Practice, and How to Play. TOUR Academy TPC certified instructors will teach these courses. Please wear collared shirts and no denim!

Registration fee: Due immediately at time of registration.

Instructor fee: \$100 due 1st day of course. Tour Academy Staff request payment by card.

TOUR staff will contact you prior to start date with all relevant details regarding location and instructor payment.

Refund Policy: Instructor fee refunds shall be prorated up to and including the 2nd class date by Tour staff. No refunds after the second class date.

City registration fee is non-refundable.

These courses are not available for fee assistance.

Sa	11:00 am-12:00 pm	6/06(5wks)	TPC	\$27(R)/\$27(N)	TOUR Staff	113119
Su	11:00 am-12:00 pm	6/07(5wks)	TPC	\$27(R)/\$27(N)	TOUR Staff	113120

HORSEMANSHIP SKILLS, LEVEL I

This exciting class is a complete and comprehensive lesson program. Emphasis is on a safety first approach to learning practical ground work (grooming and saddling) as well as the basic control. Mandatory safety helmet is provided for use.

M, F	7:00 am- 8:30 am	6/01(2wks)	PPEC	\$172(R)/\$258(N)	Joni Fitts Staff	111794
M, F	7:00 am- 8:30 am	7/20(2wks)	PPEC	\$172(R)/\$258(N)	Joni Fitts Staff	111795

NEW!

Registration now starts at 7 am!

NON-RESIDENT REGISTRATION STARTS MAY 6 | ADULT CLASSES (14 YRS+)

MAH JONGG

Experience an ancient Chinese game played for generations. This game of skill and chance will improve your memory and spark new friendships. The fundamentals and terminology are taught during practice games. Please purchase a current National Mah Jongg League card.

BEGINNING

W 1:45 pm- 3:45 pm 6/03(8wks) VLSC \$81(R)/\$122(N) Alabaster 111816

INTERMEDIATE

W 3:45 pm- 5:45 pm 6/03(8wks) VLSC \$81(R)/\$122(N) Alabaster 112259

MEDITATION

Meditation calms the body and soothes the mind. It is also a great way to relieve stress and improve overall health and well-being. Come join us for this meditation and relaxation class. We will explore various forms of meditation and relaxation methods. Through regular practice, you will begin to experience renewed peace and inner calm in your daily life.

BEGINNING

Tu 10:30 am-11:30 am 6/02(12wks) VLSC \$72(R)/\$108(N) Yancy 111823

Tu 5:00 pm- 6:00 pm 6/02(11wks) HRZN \$66(R)/\$99(N) Yancy 112819

INTERMEDIATE - This class is for those that have taken the Beginning Meditation class or have prior Meditation experience.

F 12:30 pm- 1:30 pm 6/05(12wks) VLSC \$72(R)/\$108(N) Yancy 111824

Youth cartoon drawing class at same time and location as 5 pm class!
See page 16.

NEW AZ RESIDENTS- TAX AND TRUST LAWS

If you are a new Arizona resident or have not updated your estate plan since you became an Arizona resident, you need to attend this class to learn the impact of many unique Arizona tax matters and local laws which impact you and your family. Understand the concept of community property, living wills, power of attorney, local estate taxes, and community property with right of survivorship and Arizona income tax laws. Learn the impact on your existing estate plan if you make no changes because of Arizona's unique property laws.

Th 6:30 pm- 8:00 pm 6/04(2wks) HRZN \$11(R)/\$17(N) Bredemann 111839

TRUSTS, WILLS AND ESTATE TAXES

Unravel the mystery surrounding trusts, wills and other estate planning instruments. Find out why estate taxes are voluntary. Learn how to hold title to assets and use community property to save thousands of dollars in income taxes. Discover what only an Attorney and CPA with 30 years of experience in estate planning can tell you about the common mistakes to avoid. Free Living Will Form will be provided.

Tu 6:30 pm- 8:00 pm 6/02(2wks) HRZN \$11(R)/\$17(N) Bredemann 111942

CLASS LISTING LEGEND

COURSE TITLE

The description for this course will be listed in this section. The description may include age restrictions, activities, over view of the class and other key notes to share with you.

W 5:15pm-5:55pm 9/18 (12wks) HRZN \$57(R)/\$86(N) Martin 102812

Day	Start Date & Length	Fees, Resident/Non-Resident	Course Code
Time	Location	Instructor, when applicable	



CONNECT WITH PARKS & REC!

There are many ways to connect with Parks and Recreation:



Connect
with your body
in our fitness
centers and sport
opportunities



Connect
with your family
at our parks and
pools



Connect
with the
community
through classes
and programs



Connect
with nature
in open green
spaces

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